

Sweetened beverages can include soda pop, fruit-flavored drinks, lemonades, energy drinks, sport drinks, fitness water, iced tea, gourmet coffee drinks, etc. These drinks can be unhealthy, cause cavities in teeth, and add unneeded calories that may lead to weight gain.










Hazards of Sweetened Beverages

Sweetened beverages are the main source of sugar in the American diet. One can of regular soda pop contains all the sugar you should have in one day!

Diet sodas and sport drinks are not harmless either as they contain acid which leads to tooth decay.

Too many sweetened beverages could take the place of milk and lead to a shortage of calcium.

The 'empty calorie' sugar in sweetened beverages is a factor in the increase in tooth decay, and weight problems in children and adults. Limiting the intake of added sugars in beverages can help prevent weight gain and may even aid in weight loss.

		Sugar per 12 oz. serving
Pure water		0.0
Sport drink		5 tsp.
Soda pop		9 – 11 tsp.
Fruit drink box		9 tsp.
Energy drink		9 tsp.
Black coffee		0.0
Cappuccino		9 – 11 tsp.



Tips:

Have your family drink water or milk rather than fruit juice or sweetened beverages (eg., fruit drinks, soda pop, sport drinks, fitness water, gourmet coffee drinks, etc.).

Keep milk and a container of cold water in the refrigerator.

Limit the amount of sweetened beverages and serve them only at meal time.

Rinse your mouth with water or chew gum that has xylitol in it after drinking sweetened beverages to dilute the sugar and acid.

Drink fluoridated water and brush your teeth with a fluoride toothpaste.

Select pop cans over re-sealable bottles to limit sipping over a long period of time.

Don't drink sweetened beverages right before going to bed.

The average American drinks about 37 gallons of non-diet soft drinks and another 16 gallons of fruit and sport drinks per year. This equals 85,000 calories or an additional 24 pounds which could lead to weight gain and other health problems.

When thirsty, think water first
instead of
sweetened beverages!



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Some photos courtesy of the Missouri Dental Association "Stop The Pop" program.

10,000 copies of this brochure were printed
at a cost of \$.09 per copy

CAUTION:



Sweetened Beverages